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U. S. DEPARTMENT OF AGRICULTURE

School Lunch Recipes

U. S. Department of Agriculture • Miscellaneous Publication No. 537

Foreword

When the school bell rings for noon recess, millions of America's school children hear it as the call to a good lunch. Yearly more communities are organizing to give their children a meal at noontime that meets at least one-third of the food needs for the day. For the school lunch program pays dividends now and for the future—dividends in better marks on report cards, in fewer absences from school because of illness, and in building in countless ways stronger, more alert citizens of tomorrow.

For many years the Department of Agriculture has fostered the school lunch program. First by providing menus and recipes for the use of schools where the services of a trained dietitian were not available. Then in pre-war days by distribution of foods in surplus.

Beginning in February 1943, the War Food Administration developed a new plan for assisting community school lunch programs. This gives financial aid to sponsoring agencies for the purchase of foods locally, to the end that the school lunch will be a nutritious meal of the kind growing children need. Full details about such arrangements are available from the regional offices of the Food Distribution Administration or from the War Food Administration, U. S. Department of Agriculture, Washington, D. C.

Following up the earlier school lunch recipes this handbook is the work chiefly of home economics specialists in the Beltsville Research laboratories of the Bureau of Human Nutrition and Home Economics. They acknowledge with gratitude the many helpful suggestions from others more directly concerned with the service and administration of school lunches. In preparing this new compilation they drew heavily on the Bureau's previously published school lunch recipes, and adapted them to fit wartime rationing and supplies of foods as nearly as it is possible to predict such conditions in advance.

Particularly these recipes are geared to fit with the Type A and Type B lunches set up by the Food Distribution Administration. School lunch managers will therefore wish to use in conjunction with this recipe booklet these two other current U. S. Department of Agriculture publications—Handbook for Workers in School Lunch, Programs, NFC–3, and Menu-Planning Guide for School Lunches, NFC–10.

This publication supersedes Miscellaneous Publication No. 408, School Lunches Using Farm Surpluses.

Prepared by

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

Agricultural Research Administration

Washington, D. C.

December 1943

SCHOOL LUNCH RECIPES

"If you want an experience that is different from washing dishes at home three times a day . . . help serve a hot lunch at school. Go into the primary room and notice the clean towel on every desk, the dish set out in readiness, the sparkle in the eyes of the children. Or go to the upper room and hear the greetings of 'Bring on the grub!' or 'Come on, we're ready for it!' in tones of approval. I'm sure you will go home feeling that after all it was worth the effort."—*A school lunch volunteer from Pennsylvania.*

How Much to Serve

These recipes give quantities for 12, 25, and 50 servings. Main dishes, soups, and salads allow for 1 cupful per serving . . . desserts, ¾ to 1 cupful . . . bread recipes, 2 muffins or biscuits, or 2 fairly thick slices of bread.

How much food you serve a child each day depends on what part of the day's food the school lunch provides, and how old and how active the child is. In a school lunch program which serves children of a wide age range, adjustments may be made for the younger children by decreasing the amount of bread, and for the older children by increasing the bread or by adding other cereal products.

For Best Results

The number of servings you get from any recipe may vary a little from time to time—some vegetables and fruits, for instance, cook down more than others. But you can be fairly certain of getting the right number of servings from these recipes if you . . . :

1. Measure ingredients as directed.
2. Use ingredients in the form specified. Recipes state whether food is to be sliced, diced, or chopped before measuring.
3. Measure liquids carefully.
4. Don't overcook.

Jot down on the page with the recipe any notes that will help when you prepare the recipe again. First-class restaurants train their chefs to keep the recipe in front of them—so don't rely on memory if you want the food to be just right.

Know Your Rules

Flour. Sift flour (except whole-wheat and soya) once before measuring. Then dip flour lightly into the measure (do not pack it down) and level it off with a knife.

Stir whole-wheat flour or soya flour to lighten it, then measure as for other flours.

Fats. Measure fats one of these ways—

1. Pack solidly into the measure; be sure there are no air spaces. Level off the top with a knife. (Use a tablespoon to measure less than ¼ cup fat.)
2. An easy way is to measure less than a cup of fat in cold water. For example: To measure ½ cup of fat, fill the cup one-half full of water, add fat until water reaches top of cup. Then drain off water.
3. One pound of fat is equal to 2 cups. Thus, you can use ¼ pound as ½ cup, or ½ pound as 1 cup, without measuring.

For Good Measure

To measure accurately, you should have certain standard equipment:

Half-pint measuring cups—for liquids.

1-quart measure—a time saver when 4 cups are needed.

1-gallon measure—to prepare food for 25 or 50 servings.

Nest of 4 measuring cups—¼-, ⅓-, ½-, and 1-cup size—so that dry ingredients and fats can be leveled off in measuring.

Nest of standard measuring spoons—¼, ½, 1 teaspoon, and 1 tablespoon.

MEASURING GUIDES

The list below is a helpful guide in measuring either dry ingredients or liquids:

3 teaspoons	1 tablespoon	2 cups	1 pint
4 tablespoons	¼ cup	2 pints	1 quart
8 tablespoons	½ cup	2 quarts	½ gallon
16 tablespoons	1 cup	4 quarts	1 gallon

Recipes call for quantities in terms of measure and not weight, since many school lunch projects have no scales. The following table gives the approximate number of cups that you get from a pound of various common foods:

Food (1 pound):	*Cups (approximate)*	*Food (1 pound):*	*Cups (approximate)*
Apples, raw, diced (3 to 5 apples)	3½	Flour, whole wheat (stirred)	3⅔
Apples, dried, slices	5	Lard	2
Beans, dried	2⅛	Meat, diced (packed measure, raw)	2
Butter or other table fat	2	Meat, ground (packed measure, raw)	2
Cabbage, chopped, raw (pressed measure)	4	Onions, diced (4 to 6 onions)	2
Carrots, sliced, raw	3	Peaches, canned (water pack)	2½ to 3
Cereal, whole wheat	2⅛	Potatoes, raw (diced)	4
Cheddar cheese, soft sieved	4	Prunes, dried	2½
Cocoa, stirred	4	Raisins, seeded	3
Corn meal, coarse	3	Raisins, seedless	2¾
Corn meal, fine	4	Rice, uncooked	2
Corn grits	3	Rolled oats, quick	5½
Crumbs, dry	5	Salt pork, diced	2
Crumbs, soft	9	Soya flour, stirred	4½ to 5
Eggs, whole (8 to 10 eggs)	2	Soya grits, stirred	3 to 3½
Eggs, whites (15 whites)	2	Sugar, brown (packed measure)	2
Eggs, yolks (25 yolks)	2	Sugar, brown (lightly packed)	3
Flour, white, sifted	4	Sugar, granulated	2

OVEN TEMPERATURES

Very slow	225° to 250° F.	Moderately hot	375° to 400° F.
Slow	250° to 300° F.	Hot	400° to 450° F.
Very moderate	300° to 325° F.	Very hot	450° to 500° F.
Moderate	325° to 375° F.		

MILK—EVAPORATED, DRIED, OR FLUID

Evaporated milk diluted with an equal measure of water may be used in exactly the same way as fresh milk.

Dry skim milk, if available, may be used in any of the recipes that call for milk. Use it in dry form in preparing bread, biscuits, muffins, cereals. In such recipes, mix the dried milk with the other dry ingredients and use water as the liquid.

For use in beverages, soups, sauces, and such dishes as scrambled eggs and creamed vegetables, dry skim milk should be made into fluid milk by mixing it with water. Use 1 cup of powdered milk for each quart of water, or one-fourth cup of milk powder for a cup of water. An easy method of mixing is to put the measure of water (either cold or slightly warm, not hot) into a bowl, pour the measure of dry milk onto the surface of the water, and beat with a beater or egg whip. As paste forms on the sides of the bowl, scrape it into the water and continue beating until the fluid is smooth.

RECIPES FEATURING MEAT, FISH, EGGS, CHEESE, DRIED BEANS, AND PEAS

"Boiled" Smoked Ham or Shoulder

1. Wash and scrape the ham thoroughly.
2. Place rind side up on a rack in a ham boiler or large kettle. Add water to cover.
3. Partly cover kettle with a lid and simmer the meat until tender—for ham about 25 to 30 minutes for each pound; for shoulder about 30 to 35 minutes per pound.
4. During the cooking, add several stalks of celery or some celery tops, a carrot or two, a sliced onion, and about ½ cup vinegar, if desired.
5. When tender, let the meat cool in the broth if possible. Remove from the broth, and reheat or serve cold.

Suggestions

Chop or grind parts of the meat not suitable for slicing and use in Cereal Pie, with Hominy Grits or Rice, with Vegetables, Scalloped Potatoes, or as Sandwich Filling.

Save the meat stock for bean or split pea soup or other dried vegetable soup. Add water to the stock if it is too salty before adding to the soaked beans or peas. If desired, add some of the chopped or ground meat and a little onion.

Smoked Ham or Shoulder With Vegetables

Ingredients	*12 servings*	*25 servings*	*50 servings*
Potatoes, diced	1 quart	2 quarts	4 quarts
Carrots, diced	1 quart	2 quarts	4 quarts
Onions, sliced	2	4	8
Water, boiling	1½ quarts	3 quarts	1½ gallons
Flour	2 tablespoons	¼ cup	½ cup
Water, cold	2 tablespoons	¼ cup	½ cup
Smoked ham or shoulder, cooked, chopped	3 cups	1½ quarts	3 quarts

1. Cook the potatoes, carrots, and onions until tender in the boiling water.
2. Blend the flour and cold water. Then add a little of the hot liquid in which the vegetables were cooked and stir until smooth.
3. Pour the flour mixture into the vegetables and cook for a few minutes.
4. Add the meat and serve hot.

Smoked Ham or Shoulder With Hominy Grits

Ingredients	*12 servings*	*25 servings*	*50 servings*
Hominy grits:			
Uncooked	1 cup	2 cups	1 quart
or			
Cooked	1 quart	2 quarts	4 quarts
Milk, cold	1 to 1½ quarts	2 to 3 quarts	4 to 5 quarts
Flour	6 tablespoons	¾ cup	1½ cups
Fat	¼ cup	½ cup	1 cup
Salt, to taste			
Smoked ham or shoulder, cooked, ground	3 cups	1½ quarts	3 quarts
Bread crumbs	2 cups	1 quart	2 quarts

1. Cook the hominy grits as directed on page 25.
2. Blend a little of the cold milk with the flour, add remaining milk, cook and stir until thickened. Then add the fat.
3. Salt to taste, depending upon the saltiness of the meat.
4. Put alternate layers of the grits and meat in shallow baking pans. Save enough grits for the top layer.
5. Pour on the white sauce and sprinkle with the bread crumbs.
6. Bake about 20 minutes in a moderately hot oven until heated through and browned on top.

With rice

An equal quantity of rice may be used in place of hominy grits.

Meat and Corn Meal Pie

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn meal:			
Uncooked	2 cups	1 quart	2 quarts
or			
Cooked	2 quarts	4 quarts	8 quarts
Onion, chopped	1 cup	2 cups	1 quart
Fat	¼ cup	½ cup	1 cup
Tomatoes, fresh or canned	4 cups	7 cups	13 cups
Meat, fresh or cured, cooked, chopped	3 cups	1½ quarts	3 quarts
Salt, if needed			

1. Cook the corn meal as directed on page 25.
2. Cook the onion in the fat until lightly browned.
3. Bring the tomatoes to the boiling point and add onions and meat.
4. Add salt if needed. If fresh pork, beef, or lamb is used, about 1 tablespoon of salt for 12 servings, 2 tablespoons for 25, or 4 tablespoons for 50 will be needed. When ham or cured shoulder is used, salt to taste.
5. Put a layer of the cooked cereal in greased baking pans, then a layer of the meat mixture, and top with another layer of cereal.
6. Bake in a moderate oven until hot through and browned on top.

Baked Meat With Cereal

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rolled oats or rolled wheat:			
Uncooked	1½ cups	3 cups	1½ quarts
or			
Cooked	3 cups	1½ quarts	3 quarts
Beef, ground	1 pound	2 pounds	4 pounds
Pork, ground	½ pound	1 pound	2 pounds
Onion, chopped	½ cup	¾ cup	1½ cups
Salt	2 teaspoons	4 teaspoons	3 tablespoons
Celery seed, if desired	1 teaspoon	2 teaspoons	4 teaspoons

1. Cook the rolled oats or rolled wheat as directed on page 25.
2. Mix all ingredients.
3. Put mixture into greased baking pans.
4. Bake in a moderate oven about 1¼ to 1½ hours.

For variety

Instead of beef, lamb or veal combines well with the pork.

Meat and Vegetable Stew

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beef or lamb	1½ pounds	3 pounds	6 pounds
Water, boiling	1½ quarts	3 quarts	1½ gallons
Potatoes, diced	1 quart	2 quarts	4 quarts
Carrots, diced	2 cups	1 quart	2 quarts
Turnips, diced	2 cups	1 quart	2 quarts
Flour	½ cup	¾ cup	1½ cups
Onions, chopped	¼ cup	½ cup	1 cup
Salt	1 tablespoon	2 tablespoons	4 tablespoons

1. Remove excess fat from the meat and cut meat into cubes.
2. Heat the fat slowly until it is rendered.
3. Sprinkle a little flour over the meat and brown in the fat.
4. Add the boiling water and simmer until the meat is tender.
5. Add the potatoes, carrots, and turnips, and cook about 20 minutes.
6. Remove and cool part of the stock—2 cups of stock for 12 servings; 1 quart for 25 or 50. When cool, blend with the flour, and thicken the stew with this mixture.
7. Add the onions and salt. Cook and stir about 10 minutes longer.

Liver and Rice Loaf

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rice, uncooked	1 cup	2 cups	1 quart
Water, boiling	1 quart	2 quarts	1 gallon
Liver, sliced	1½ pounds	3 pounds	6 pounds
Fat	2 tablespoons	¼ cup	½ cup
Onion, chopped fine	1 small	2 small	4 small
Celery, chopped (if available)	2 cups	1 quart	2 quarts
Parsley, chopped (if available)	½ cup	1 cup	2 cups
Salt	1½ tablespoons	3 tablespoons	6 tablespoons
Flour	¼ cup	½ cup	1 cup
Tomatoes	2 cups	1 quart	2 quarts

1. Cook the rice in the boiling, lightly salted water until tender. Drain.
2. Wipe the liver with a damp cloth and remove the skin.
3. Sprinkle the liver with salt and flour.
4. Cook in the fat in a frying pan for a few minutes, or until the red color disappears.
5. Remove the liver and grind or chop fine.
6. Cook the onion, celery, and parsley in the drippings for a few minutes.
7. Stir in the flour and salt, add the tomatoes, and stir briskly until thickened.
8. Mix all ingredients and form into loaves—about 8 inches long and 4 inches wide. Place on heavy paper on racks in uncovered pans.
9. Bake about 30 minutes in a moderate oven.

Kidney Stew

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beef kidneys	2	4	8
Water, boiling	2 quarts	1 gallon	2 gallons
Potatoes, diced	2 cups	1 quart	2 quarts
Onion, medium-sized, sliced	1	2	4
Salt	1½ teaspoons	1 tablespoon	2 tablespoons
Table fat	2 tablespoons	¼ cup	½ cup
Flour	2 tablespoons	¼ cup	½ cup
Parsley, chopped	2 tablespoons	¼ cup	½ cup

1. Wash kidneys well, remove the skin and most of the fat.
2. Cover with cold water and heat slowly to the boiling point, then discard the water.
3. Repeat this process until there is no strong odor and no scum on the water.
4. Add the boiling water as stated above for 12, 25, or 50 servings. Simmer until kidneys are tender.
5. Save the broth and cut kidneys into small pieces.
6. Boil the potatoes and onion in the broth until potatoes are tender.
7. Add the kidneys and salt.
8. Melt the fat. Blend in the flour, add some of the hot liquid, and stir until smooth.
9. Mix with the other ingredients, cook, and stir until thickened.
10. Sprinkle with parsley and serve.

Fish-Cereal Scallop

Ingredients	*12 servings*	*25 servings*	*50 servings*
Hominy grits or corn meal, uncooked	2 cups	1 quart	2 quarts
Fish, cooked or canned	1 quart	2 quarts	4 quarts
Table fat	2 tablespoons	¼ cup	½ cup
Flour	2 tablespoons	¼ cup	½ cup
Milk	2 cups	1 quart	2 quarts
Salt, if needed			

1. Cook hominy grits or corn meal as directed on page 25.
2. Put a layer of the hot cereal in greased baking pans.
3. Cover with a layer of flaked fish.
4. Repeat layers until the fish and cereal are used, saving enough cereal for the top layer.
5. Melt the fat. Blend in the flour, add the milk, and salt if needed. Cook and stir over low heat until thickened.
6. Pour this sauce over the fish and cereal and bake in a moderate oven until bubbling.

Creamed Fish and Rice

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rice:			
Uncooked	1 cup	2 cups	1 quart
or			
Cooked	1 quart	2 quarts	4 quarts
Fish, cooked or canned	2 cups	1 quart	2 quarts
Milk, cold	1 quart	2 quarts	1 gallon
Flour	½ cup	1 cup	2 cups
Table fat	¼ cup	½ cup	1 cup
Salt, to taste			

1. Cook the rice as directed on page 25.
2. Remove all bones from the fish, and flake.
3. Blend a little of the cold milk with the flour, add remaining milk. Cook and stir until thickened. Then add the fat, and salt if needed.
4. Cook the sauce over hot water for about 10 minutes.
5. Mix the sauce and fish with the hot rice.

For variety

Add cooked peas—2 cups for 12 servings, 1 quart for 25, and 2 quarts for 50.

Use noodles instead of the rice—4 cups dry noodles for 12 servings, 2 quarts for 25, 4 quarts for 50. Cook until tender in boiling, lightly salted water, then mix with the sauce and fish.

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Creamed Vegetables With Egg or Cheese

Ingredients	*12 servings*	*25 servings*	*50 servings*
Turnips, sliced or diced	1½ cups	3 cups	1½ quarts
Carrots, sliced or diced	1½ cups	3 cups	1½ quarts
Potatoes, diced	1 quart	2 quarts	4 quarts
Water, boiling	2 cups	1 quart	2 quarts
Table fat	¼ cup	½ cup	1 cup
Flour	¼ cup	½ cup	1 cup
Salt	¾ to 1 tablespoon	1½ to 2 tablespoons	3 to 4 tablespoons
Milk	3 cups	1½ quarts	3 quarts
Cabbage, chopped	1 quart	2 quarts	4 quarts
Eggs, hard-cooked, or	6 to 8	12 to 16	24
American cheddar cheese	¾ pound	1½ pounds	3 pounds

1. Cook the turnips, carrots, and potatoes until nearly tender in the boiling water in a covered pan.
2. Melt the fat, blend in the flour and salt.
3. Heat the milk over hot water and add a little to the blended fat and flour. Stir until smooth, return to remaining milk, and continue to stir until thickened. Cover and cook for 10 to 20 minutes, depending on the quantity prepared.
4. Add the cooked vegetables and cabbage. Simmer about 10 minutes or until the cabbage is tender. Stir frequently.
5. Slice the hard-cooked eggs and mix gently with the creamed vegetables. Or if cheese is used, shave it and add at the very last. Stir gently until it melts.

Creamed Eggs

Ingredients	*12 servings*	*25 servings*	*50 servings*
Eggs	12	25	50
Table fat	6 tablespoons	¾ cup	1½ cups
Flour	½ cup	1 cup	2 cups
Salt	1 teaspoon	1½ teaspoons	1 tablespoon
Milk	1 quart	2 quarts	1 gallon

1. Put the eggs on a rack or plate in a pan, and cover with cold water.
2. Bring the water slowly to the simmering point, and simmer the eggs for 30 to 40 minutes.
3. Chill the eggs in a pan of cold water, then remove shells.
4. Slice the eggs.
5. Melt the fat. Blend in the flour and salt.
6. Heat the milk over hot water and add a little to the blended fat and flour. Stir until smooth, return to remaining milk, and continue to stir until thickened.
7. Cover and cook from 10 to 20 minutes, depending upon the quantity prepared.
8. Pour the sauce over the eggs and serve.

For variety

Add to the sauce chopped or ground ham or cooked peas.

Peanut and Bean Loaf

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beans, dried	1½ cups	3 cups	1½ quarts
Fat	2 tablespoons	¼ cup	½ cup
Flour	3 tablespoons	6 tablespoons	¾ cup
Tomato juice and pulp, fresh or canned, strained	1 cup	2 cups	1 quart
Peanuts, chopped	3 cups	1½ quarts	3 quarts
Bread crumbs, dry	1 cup	2 cups	1 quar
Onions, chopped	2 tablespoons	¼ cup	½ cup
Celery, finely cut (if available)	1½ cups	3 cups	1½ quarts
Salt	1½ teaspoons	1 tablespoon	2 tablespoons

1. Pick over and wash the beans. Soak them overnight in water to cover.
2. In the morning, add enough extra water to make 1 quart of water for 12 servings, 2 quarts for 25, 3 quarts for 50. Cover and simmer until the beans are very tender.
3. Drain and press the beans through a sieve.
4. Melt the fat, blend in the flour. Add tomato juice and pulp, stir and cook until thickened.
5. Mix all ingredients, and pack tightly in well-greased loaf bread pans lined with paper.
6. Bake in a moderate oven for about 1 hour.
7. Remove from the pans. Serve sliced, either hot or cold.

With rice

Use an equal quantity of cooked rice in place of the bean pulp.

Baked Bean Loaf

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beans, dried	3 cups	1½ quarts	3 quarts
Onions, medium-sized, chopped	2	4	8
Milk, water, or bean liquid	1 cup	1 pint	1 quart
Egg, beaten	1	2	4
Bread crumbs	1 cup	2 cups	3 or 4 cups
Salt	1 teaspoon	2 teaspoons	1½ tablespoons

1. Pick over and wash the beans. Soak them overnight in water to cover.
2. In the morning, add enough extra water to make 1 quart of water for 12 servings, 2 quarts for 25, 3 quarts for 50. Cover and simmer until the beans are very tender.
3. Chop the cooked beans very fine or mash them.
4. Add the onion, liquid, beaten egg, bread crumbs, and salt, and other seasoning as desired.
5. Mix well, shape into uniform loaves—about 8 inches long and 4 inches wide. Place in greased, shallow pans.
6. Pour a little melted fat over the top.
7. Bake until well browned in a moderate oven.
8. Serve with a hot tomato sauce (p. 32).

Baked Beans With Salt Pork or Bacon

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beans, dried	1 quart	2 quarts	4 quarts
Salt pork or bacon, diced	½ pound (1 cup)	1 pound (2 cups)	2 pounds (1 quart)
Onions, sliced	3	6	8
Molasses, sugar, or sirup	¼ cup	½ cup	1 cup
Salt and mustard, if desired			

1. Pick over and wash the beans. Soak them overnight in water to cover.
2. In the morning, add enough extra water to make 1 quart of water for 12 servings, 2 quarts for 25, and 4 quarts for 50.
3. Simmer the beans until tender but not mushy. Add water, as needed.
4. Crisp the salt pork or bacon, remove from the fat.
5. Cook the onions until lightly browned in the drippings.
6. Mix beans, cooking liquid, salt pork or bacon, onions, and drippings.
7. Add sweetening, and salt and mustard if desired.
8. Put in baking pans and bake in a moderate oven until brown on top.

Spanish Rice With Salt Pork or Bacon

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rice:			
Uncooked	1 cup	2 cups	1 quart
or			
Cooked	1 quart	2 quarts	4 quarts
Salt pork or bacon, diced	½ pound (1 cup)	1 pound (2 cups)	2 pounds (1 quart)
Onions, sliced	3	6	10
Tomatoes, fresh or canned	1½ quarts	3 quarts	6 quarts
Salt, if needed			

1. Cook the rice as directed on page 25.
2. Fry the salt pork or bacon until crisp, and remove from the fat.
3. Cook the onions until lightly browned in the drippings.
4. Add the tomatoes and cooked rice.
5. Mix well, cook with occasional stirring about 10 minutes.
6. Just before serving, stir in the crisp diced pork or bacon.
7. Add salt if needed.

RECIPES FEATURING SOYA FLOUR AND GRITS

Soya Meat Loaf

Ingredients	*12 servings*	*25 servings*	*50 servings*
Meat, ground	1½ pounds	3 pounds	6 pounds
Vegetable stock, tomato juice, or milk	3 cups	1½ quarts	3 quarts
Salt pork, diced	¼ pound	½ pound	1 pound
Celery, chopped	1 cup	2 cups	1 quart
Onion, chopped	¼ cup	½ cup	1 cup
Soya grits	1½ cups	3 cups	1½ quarts
Parsley, chopped	¼ cup	½ cup	1 cup
Salt	1½ tablespoons	3 tablespoons	6 tablespoons
Bread crumbs	1½ cups	3 cups	1½ quarts

1. Select one kind of meat or a mixture of two or more.
2. Blend the vegetable stock, tomato juice, or milk with the meat.
3. Fry the salt pork until crisp and remove from the fat.
4. Cook the celery and onion in the drippings for a few minutes.
5. Add all ingredients to the meat and mix well.
6. Mold into loaves—about 8 inches long and 4 inches wide—and place on heavy paper on racks in uncovered pans.
7. Bake in a moderate oven until well done and brown, about 1¼ to 1½ hours.

Soya Meat Balls

Ingredients	*12 servings*	*25 servings*	*50 servings*
Soya grits	½ cup	1 cup	2 cups
Water, cold	½ cup	1 cup	2 cups
Meat, ground	1 pound	2 pounds	4 pounds
Bread crumbs, soft	½ cup	1 cup	2 cups
Onion pulp	¼ cup	½ cup	1 cup
Salt	1 tablespoon	2 tablespoons	4 tablespoons
Pepper	⅛ teaspoon	¼ teaspoon	½ teaspoon

1. Mix the soya grits and cold water.
2. Add remaining ingredients and blend thoroughly.
3. Form into small balls or cakes.
4. Broil on both sides until lightly browned. Or brown lightly in a little fat in a frying pan.

For variety

Place the cooked meat balls on cooked macaroni or spaghetti in a baking pan. Pour over them a tomato or brown sauce (pp. 32, 33) and heat in a moderate oven until sauce bubbles.

Beef or Lamb Stew With Soya

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beef or lamb	1 pound	2 pounds	4 pounds
Fat	2 tablespoons	¼ cup	½ cup
Water, boiling	5 cups	2½ quarts	5 quarts
Potato, diced	2 cups	1 quart	2 quarts
Carrots, diced	1 cup	2 cups	1 quart
Onion, chopped	¼ cup	½ cup	1 cup
Salt	2½ teaspoons	1½ tablespoons	3 tablespoons
Pepper, if desired			
Soya flour	1 cup	2 cups	1 quart
Flour	2 tablespoons	¼ cup	½ cup
Water, cold	1 cup	2 cups	1 quart
Parsley, chopped (if available)	2 tablespoons	¼ cup	½ cup

1. Wipe the meat with a damp cloth, cut into medium-sized cubes, and sprinkle with flour.
2. Melt the fat. Brown the meat in the melted fat, turning frequently.
3. Add the hot water to the meat and simmer until meat is tender.
4. Add the vegetables and cook until tender but not broken.
5. Season with salt, and pepper if desired.
6. Mix the soya and flour with the cold water, stir until smooth.
7. Add soya mixture to the stew, stir, and cook until thickened.
8. Sprinkle with the parsley and serve.

Soya Scrapple

Ingredients	*12 servings*	*25 servings*	*50 servings*
Fresh pork, bony pieces	3 pounds	6 pounds	10 to 12 pounds
Water, boiling	3 quarts	1½ gallons	2½ gallons
Corn meal	2 cups	1 quart	2 quarts
Salt and sage, to taste			
Soya grits	1 cup	2 cups	1 quart

1. Wipe the meat well and simmer in the hot water until the meat drops from the bone.
2. Strain off the broth.
3. Remove the meat from the bones and chop the meat fine.
4. Measure the broth. There should be 2 quarts for 12 servings, 1 gallon for 25, 2 gallons for 50. In each case add water, if needed, to make this amount.
5. Measure out and cool as much broth as you have corn meal. Blend corn meal with cool broth.
6. Bring remaining broth to boiling, slowly stir in the corn meal.
7. Cook covered over hot water for 1 hour.
8. Add the chopped meat, salt and sage, and soya grits.
9. Rinse bread pans with cold water and pour in the hot mixture.
10. Let stand until cold and firm.
11. Slice, sprinkle with flour, and brown in a little fat in a frying pan. Or place slices in shallow pans with a little fat and brown in the oven.

Creamed Dried Beef With Soya

Ingredients	*12 servings*	*25 servings*	*50 servings*
Fat	6 tablespoons	¾ cup	1½ cups
Dried beef in small pieces	1½ cups	3 cups	1½ quarts
Flour	6 tablespoons	¾ cup	1½ cups
Milk	1½ quarts	3 quarts	1½ gallons
Soya flour	1½ cups	3 cups	1½ quarts

1. Melt the fat in a large frying pan.
2. Fry the dried beef in the fat until it curls.
3. Sprinkle the flour over the beef and stir until well blended.
4. Add two-thirds of the milk, stir until thickened.
5. Mix the soya flour with the remaining milk until smooth.
6. Add to the first mixture and continue to cook and stir until creamy thick.
7. Serve over toasted bread, crackers, or rice.

For variety

In place of the dried beef use 1½ pounds of ground beef and 1 chopped onion for 12 servings; 3 pounds of ground beef and 2 chopped onions for 25; and 6 pounds of ground beef and 4 chopped onions for 50 servings. Brown the meat and onions in the fat. Continue as for Creamed Dried Beef.

Soya-Egg Roll

Ingredients	*12 servings*	*25 servings*	*50 servings*
Eggs, beaten	6	12	24
Water	6 tablespoons	¾ cup	1½ cups
Soya flour	⅔ cup	1⅓ cups	2⅔ cups
Water	⅔ cup	1⅓ cups	2⅔ cups
Bread crumbs	1½ cups	3 cups	1½ quarts
Peas, diced snap beans or carrots, spinach, or kale, cooked and drained	1½ cups	3 cups	1½ quarts
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Pepper to taste			

1. Add the 6 tablespoons of water for 12 servings, ¾ cup for 25, and 1½ cups for 50 to the beaten eggs, and beat until light and thick.
2. Mix the soya flour with the ⅔ cup water for 12 servings, 1⅓ cups water for 25, and 2⅔ cups for 50.
3. Combine bread crumbs, soya-water mixture, vegetable, salt and pepper, and fold gently into the beaten egg.
4. Pour into a little fat in a hot frying pan and cook slowly until lightly browned.
5. Roll before serving if desired.

Soya Codfish Cakes

Ingredients	*12 servings*	*25 servings*	*50 servings*
Salt codfish	1 pound	2 pounds	4 pounds
Mashed potato, hot seasoned	3 cups	1½ quarts	3 quarts
Soya grits	1 cup	2 cups	1 quart
Milk	1 cup	2 cups	1 quart
Eggs, well beaten	4	8	16

1. Soak the codfish in cold water to cover until some of the salt has been removed.
2. Drain, add fresh hot water, and simmer until fish is tender.
3. Place fish in a double layer of cheesecloth and press out all liquid.
4. Shred the fish and remove all bones.
5. Mix thoroughly the fish, hot seasoned mashed potato, the soya grits which have been mixed with the milk, and the well beaten eggs.
6. Form into cakes, dip lightly in flour, and fry in shallow fat until cakes are golden brown on both sides.

Soya and Corn Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn, canned or fresh, cooked	2 cups	1 quart	2 quarts
Soya grits or flour	½ cup	1 cup	2 cups
Milk	3 cups	1½ quarts	3 quarts
Eggs, slightly beaten	4	8	16
Fat, melted	2 tablespoons	¼ cup	½ cup
Salt	2 teaspoons	1½ tablespoons	3 tablespoons
Pepper, as desired			
Green pepper, chopped	2 tablespoons	¼ cup	½ cup

1. Mix the corn with the soya grits or flour.
2. Scald the milk, then mix with the slightly beaten eggs.
3. Blend together all ingredients, and pour into greased baking pans.
4. Bake in pans surrounded by water in a moderate oven about 1 hour or until set.
5. Serve from the pan.

Soya Cottage Cheese Loaf

Ingredients	*12 servings*	*25 servings*	*50 servings*
Peanuts, finely crushed	2 cups	1 quart	2 quarts
Rice:			
Uncooked	½ cup	1 cup	2 cups
or			
Cooked	2 cups	1 quart	2 quarts
Cottage cheese	2 cups	1 quart	2 quarts
Soya grits	1 cup	2 cups	1 quart
Eggs, beaten	2	4	8
Water	1 cup	2 cups	1 quart
Onion, chopped	¼ cup	½ cup	1 cup
Salt	2 teaspoons	1½ tablespoons	3 tablespoons
Pepper	⅛ teaspoon	¼ teaspoon	½ teaspoon

1. Cook the rice as directed on page 25.
2. Mix all ingredients thoroughly and put into greased loaf bread pans.
3. Bake in a moderate oven about 1 hour.
4. Cut in slices and serve with a brown sauce (p. 33).

Soya Creamed Potatoes

For 12 servings cook 12 diced potatoes in salted water just to cover; for 25 servings, 20 diced potatoes; for 50 servings, 40 diced potatoes. Make a thin soya white sauce (p. 33), 2 cups for 12 servings; 1 quart for 25; and 2 quarts for 50. Pour the sauce over the potatoes and stir gently.

Soya Brown Bread

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, whole-wheat	1 cup	2 cups	1 quart
Flour, white or rye	1 cup	2 cups	1 quart
Corn meal	¾ cup	1½ cups	3 cups
Soya grits	¼ cup	½ cup	1 cup
Baking powder	4 teaspoons	2⅔ tablespoons	5⅓ tablespoons
Soda	¼ teaspoon	½ teaspoon	1 teaspoon
Salt	1 teaspoon	2 teaspoons	1½ tablespoons
Milk	1¾ cups	3½ cups	1¾ quarts
Molasses	¾ cup	1½ cups	3 cups

1. Mix dry ingredients.
2. Combine milk and molasses, then mix thoroughly with dry ingredients.
3. Pour into greased molds.
4. Cover and steam for 3½ hours.
5. Remove covers and place in moderate oven for 10 minutes to dry.

Suggestions

Without soya.—If soya grits are not available, increase the corn meal to 1 cup for 12 servings, 2 cups for 25, and 1 quart for 50.

With buttermilk or sour milk.—If buttermilk or sour milk is used in place of sweet milk, omit the baking powder and increase the soda to 1½ teaspoons for 12 servings, 1 tablespoon for 25, and 2 tablespoons for 50. Use 2 cups buttermilk or sour milk in place of 1¾ cups sweet milk for 12 servings, 1 quart for 25, and 2 quarts for 50.

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Soya Corn Soup

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn, cooked, cream style	1¼ quarts	2½ quarts	5 quarts
Onions, small, sliced	1	2	4
Water, boiling	1 quart	2 quarts	1 gallon
Fat	¼ cup	½ cup	1 cup
Flour	¼ cup	½ cup	1 cup
Milk	1 quart	2 quarts	1 gallon
Salt	2 teaspoons	1½ tablespoons	3 tablespoons
Pepper, as desired			
Soya flour	1 cup	2 cups	1 quart

1. Cook the corn and onion in the hot water until the onion is tender.
2. Mash through a coarse sieve.
3. Melt the fat, blend in the flour, add the milk and seasonings, heat and stir until thickened.
4. Cook this sauce over hot water for 10 minutes.
5. Blend the sieved vegetables and soya flour.
6. Add the vegetables and soya flour to the sauce and reheat.

Soya Vegetable Chowder

Ingredients	*12 servings*	*25 servings*	*50 servings*
Carrots, diced	1 quart	2 quarts	4 quarts
Potatoes, diced	1 quart	2 quarts	4 quarts
Water, boiling	2 quarts	1 gallon	2 gallons
Salt pork, diced	1 cup	2 cups	1 quart
Onion, chopped	1 cup	2 cups	1 quart
Soya grits	1 cup	2 cups	1 quart
Milk	2 cups	1 quart	2 quarts
Salt	1 tablespoon	2 tablespoons	4 tablespoons

1. Cover and boil the carrots and potatoes in the water until just tender.
2. Fry the salt pork until crisp and remove from the fat.
3. Fry the onion until lightly browned in the drippings.
4. Add the onion and soya grits to the carrots and potatoes. Stir to blend, and boil 5 minutes.
5. Add milk, crisp pork, and salt and heat to serving temperature.
6. Serve with toast cubes or broken crackers.

Soya Potato Soup

Ingredients	*12 servings*	*25 servings*	*50 servings*
Potatoes, diced	2 quarts	1 gallon	2 gallons
Onions, sliced	1	2	4
Water, boiling	2 quarts	1 gallon	2 gallons
Soya grits or flour	1 cup	2 cups	1 quart
Salt	1½ tablespoons	3 tablespoons	6 tablespoons
Milk	1½ quarts	3 quarts	1½ gallons
Fat	2 tablespoons	¼ cup	½ cup
Parsley, chopped	½ cup	1 cup	2 cups

1. Boil potatoes and onions in the water until potatoes are soft. Drain and reserve the potato water—1 quart for 12 servings, 2 quarts for 25, 1 gallon for 50.
2. Press potatoes and onions through coarse sieve.
3. Moisten soya grits or flour with an equal amount of the potato water.
4. Combine all ingredients except parsley and heat to the boiling point.
5. Add parsley and serve.

For variety

Use raw carrots or turnips instead of potatoes—1½ quarts of either for 12 servings, 3 quarts for 25, 6 quarts for 50.

Soya Cornstarch Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Cornstarch	¾ cup	1½ cups	3 cups
Soya flour	¼ cup	½ cup	1 cup
Sugar	1 cup	2 cups	1 quart
Salt	¼ teaspoon	½ teaspoon	1 teaspoon
Water, cold	1 cup	2 cups	1 quart
Milk	2 quarts	1 gallon	2 gallons
Vanilla	½ teaspoon	1 teaspoon	2 teaspoons

1. Blend the cornstarch, soya flour, sugar, and salt with the cold water.
2. Heat the milk over hot water, and add to the blended mixture.
3. Cook uncovered over hot water until thickened. Stir constantly.
4. Cover and continue cooking for 25 minutes. Stir occasionally.
5. Stir in vanilla.

For variety

Add chocolate tidbits, chopped figs, dates, prunes, or any other flavorful fruit which may be available—½ cup for 12 servings, 1 cup for 25, and 2 cups for 50.

VEGETABLE RECIPES

Green Vegetables, Plain Cooked

1. Wash the vegetables quickly and thoroughly, just before cooking. Don't soak them—you lose food value that way. To get rid of any sand and grit, lift the vegetables from the water.
2. Start the vegetables cooking in briskly boiling, lightly salted water—about 1 teaspoon salt to a quart of water. Use just enough water to prevent sticking to the pan, or with greens only what clings to the leaves.
3. Cover with a lid to speed the cooking, and cook only until tender.
4. Season with salt, pepper, and meat drippings or other fat. If desired, add chopped parsley, chives, or herbs just before serving.

Green Vegetables, Panned

Best for panning are kale, stripped from the tough midribs . . . spinach . . . summer squash, cut in small pieces . . . okra, with the pods sliced crosswise . . . green beans, sliced thin . . . shredded cabbage.

1. Melt fat—drippings from roast meat, sausage, salt pork, or bacon—in a frying pan. Allow about 2 tablespoons fat to each quart of the vegetable measured after being prepared for cooking.
2. Add vegetables to the melted fat, cover, and cook slowly until tender but not mushy. Stir occasionally to keep from sticking.
3. When tender, season with salt and pepper.

For variety

Add a little chopped onion, or leftover bits of meat when the vegetable is almost tender.

Or sift flour lightly over the cooked vegetables, add milk, mix quickly, and stir until thickened. Season with salt and pepper.

Root Vegetables, Plain Cooked

1. Boil root vegetables in their skins unless too strong or tough. If necessary to peel them, make the peelings thin or scrape no more than skin deep.

   To keep beets from losing their bright red, leave on the long taproot and an inch or two of stem. Then when beets are tender, dip them quickly into cold water to loosen the skin.
2. Start root vegetables in boiling, salted water . . . about 1 teaspoon of salt to a quart of water. With young tender roots use only enough water to prevent sticking to the pan. For older vegetables have enough water to cover.
3. Put on a lid to speed cooking, and cook until just tender. Slicing or dicing will cut cooking time even more.
4. Season to taste with salt and pepper, and a little meat drippings or melted fat.

Vegetables, Creamed

Use a white sauce for variety in serving vegetables. For each quart of cooked vegetable, add 1 pint of medium-thick white sauce. For the starchy vegetables as potatoes, use a thinner sauce. Stir and heat thoroughly. (See White Sauce, page 33.)

If desired, add to the white sauce chopped or ground meat, fish, or hard cooked eggs, or grated cheese.

Vegetables, Scalloped

Place creamed vegetables in a greased baking pan, top with bread crumbs, and bake until brown in a moderate oven.

Baked Tomatoes

1. Wash tomatoes of uniform size—1 for each serving.
2. Remove stem ends, and cut tomatoes in half.
3. Place on shallow greased baking pans, sprinkle with salt, and cover with bread crumbs which have been mixed with a little melted fat.
4. Put a little water in the pan to keep tomatoes from sticking.
5. Bake in a moderate oven for about 30 minutes or until tomatoes are tender and crumbs are brown.

Stewed Tomatoes

Ingredients	*12 servings*	*25 servings*	*50 servings*
Tomatoes, fresh or canned	**2 quarts**	**4 quarts**	**8 quarts**
Onion, medium-sized, sliced	**1**	**2**	**4**
Salt	**1½ teaspoons**	**1 tablespoon**	**2 tablespoons**
Bread, small cubes	**2 cups**	**1 quart**	**2 quarts**
Table fat	**2 tablespoons**	**¼ cup**	**½ cup**

1. Remove the skins if fresh tomatoes are used: Cover tomatoes first with boiling water for about 1 minute, drain immediately, and cover with cold water. Remove stem ends, peel, and quarter the tomatoes.
2. Mix tomatoes, onion, and salt.
3. Boil gently until the onion is tender. Stir frequently.
4. Add the bread cubes, plain or toasted, and the fat.
5. Heat thoroughly before serving.

Harvard Beets

Ingredients	*12 servings*	*25 servings*	*50 servings*
Cornstarch	**2 tablespoons**	**¼ cup**	**½ cup**
Sugar	**½ cup**	**1 cup**	**2 cups**
Salt	**1 teaspoon**	**2 teaspoons**	**1 tablespoon**
Vinegar	**1 cup**	**2 cups**	**1 quart**
Beets, cooked, sliced	**6 cups**	**3 quarts**	**6 quarts**
Table fat	**¼ cup**	**½ cup**	**1 cup**

1. Mix the cornstarch, sugar, and salt.
2. Add the vinegar, stir, and boil slowly for 5 minutes.
3. Pour over the beets, and add the fat.
4. Reheat if necessary.

Fried Apples

Ingredients	*12 servings*	*25 servings*	*50 servings*
Tart apples	**4 pounds, or 12 medium-sized**	**8 pounds, or 25 medium-sized**	**16 pounds, or 50 medium-sized**
Fat	**½ cup**	**¾ cup**	**1½ cups**
Salt	**½ teaspoon**	**1 teaspoon**	**2 teaspoons**
Sugar	**½ cup**	**1 cup**	**2 cups**

1. Wash apples thoroughly, and dice.
2. Heat the fat slowly in a frying pan.
3. Add the apples to the hot fat, sprinkle with the salt and sugar, cover, and cook slowly until apples are tender.
4. Remove the cover, turn the apples gently so pieces will keep their shape, and cook until lightly browned.

Vegetables With Macaroni

Ingredients	*12 servings*	*25 servings*	*50 servings*
Carrots, diced	1 pint	1 quart	2 quarts
Snap beans	1 quart	2 quarts	4 quarts
Water, boiling	2 cups	1 quart	2 quarts
Macaroni in inch pieces	2 cups	1 quart	2 quarts
Salt pork, diced	1 cup	2 cups	1 quart
Onion, chopped	1½ cups	3 cups	1½ quarts
Peas, cooked	2 cups	1 quart	2 quarts
Salt and pepper to taste			

1. Cook the carrots and beans in the lightly salted boiling water, until just tender.
2. Cook the macaroni in boiling salted water until tender, pour hot water over macaroni, and drain.
3. Fry the salt pork until very crisp and brown, and remove from the fat.
4. Cook the onion in the fat until lightly browned.
5. Mix all ingredients. Season with salt and pepper.
6. Heat and serve.

Scalloped Potatoes

Ingredients	*12 servings*	*25 servings*	*50 servings*
Potatoes, medium-sized	12	24	48
Flour	¼ cup	½ cup	1 cup
Salt	1 tablespoon	2 tablespoons	4 tablespoons
Pepper, as desired			
Fat	¼ cup	½ cup	1 cup
Milk, hot	3 cups	1½ quarts	3 quarts

1. Wash, pare, and cut potatoes in thin slices.
2. Put in greased shallow baking pans a layer of potatoes. Sprinkle with flour, salt, and a little pepper. Dot with fat.
3. Repeat until all the potatoes are used.
4. Pour in the hot milk.
5. Bake in a slow oven for 1 to 1½ hours, or until the potatoes are tender and brown on top.
6. Add more hot milk if potatoes get dry during the baking.

With smoked ham or shoulder

Between layers of potatoes place a layer of chopped smoked ham or shoulder. Use about 1 quart of meat for 12 servings, 2 quarts for 25, 3 quarts for 50. Add an onion cut fine for each 12 servings, if desired.

Soybean Scallop

Ingredients	*12 servings*	*25 servings*	*50 servings*
Soybeans, cooked or canned	1¼ quarts	2½ quarts	5 quarts
Tomatoes, cooked or canned	2 cups	1 quart	2 quarts
Onion, chopped	¼ cup	½ cup	1 cup
Sugar	1 teaspoon	2 teaspoons	4 teaspoons
Whole cloves	4	8	16
Table fat	¼ cup	½ cup	¾ cup
Flour	¼ cup	½ cup	1 cup
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Pepper, to taste			
Green pepper, chopped	¼ cup	½ cup	1 cup
Bread crumbs	1½ cups	3 cups	1½ quarts

1. Heat the cooked soybeans in their own liquid for 15 to 20 minutes until the liquid is cooked down somewhat.
2. Simmer the tomatoes, chopped onion, sugar, and cloves for a few minutes, then strain.
3. Melt the fat. Blend in the flour, add the hot tomato juice, salt, and pepper to taste. Cook and stir over low heat until thickened. Stir in the chopped green pepper.
4. Put alternate layers of soybeans, tomato sauce, and bread crumbs in a baking pan, saving enough bread crumbs for the top.
5. Bake for 30 to 40 minutes in a moderate oven.

Baked Sweetpotatoes and Apples

Ingredients	*12 servings*	*25 servings*	*50 servings*
Sweetpotatoes, medium-sized	12	25	50
Apples, sliced	2 quarts	4 quarts	8 quarts
Salt	1 teaspoon	2 teaspoons	1½ tablespoons
Sugar	1 tablespoon	2 tablespoons	¼ cup
Table fat, melted	¼ cup	½ cup	1 cup
Bread crumbs	2 cups	1 quart	2 quarts

1. Wash sweetpotatoes and cook in boiling water until tender; remove skins, and cut potatoes in half.
2. Place alternate layers of sweetpotatoes and apples in greased baking pans, season each layer with salt, a sprinkling of sugar, and a little fat.
3. Over the last layer spread the bread crumbs which have been mixed with a little of the melted fat.
4. Bake in a moderate oven about 40 minutes, or until apples are tender.

With cabbage

Use raw chopped cabbage in place of the sweetpotatoes—4 quarts for 12 servings, 8 quarts for 25, and 16 quarts for 50.

Candied Sweetpotatoes

Ingredients	*12 servings*	*25 servings*	*50 servings*
Sweetpotatoes, medium-sized	6	13	25
Corn sirup	1 cup	2 cups	1 quart
Sugar	½ cup	1 cup	2 cups
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Table fat	¼ cup	½ cup	1 cup

1. Boil washed sweetpotatoes in their skins until tender.
2. Drain, remove skins, cut potatoes in halves or slices.
3. Make a sirup by boiling the corn sirup, sugar, salt, and fat for 5 minutes.
4. Put a layer of sweetpotatoes in greased baking pans, and pour the sirup over them.
5. Bake in a moderate oven until sweetpotatoes are lightly browned. Or cook sweetpotatoes over low heat on top of the stove. Turn them and watch closely to prevent scorching.

Creamed Cabbage

Ingredients	*12 servings*	*25 servings*	*50 servings*
Milk	2 quarts	1 gallon	2 gallons
Cabbage, chopped (pressed measure)	4 quarts	8 quarts	16 quarts
Table fat, melted	½ cup	1 cup	2 cups
Flour	½ cup	1 cup	2 cups
Salt	1½ teaspoons	1 tablespoon	2 tablespoons

1. Set aside 2 cups of the milk for 12 and 25 servings, and 1 quart for 50.
2. Heat the remainder of the milk over hot water and cook the cabbage until tender in the milk.
3. Blend the melted fat and flour, add the salt and milk that was set aside. Cook and stir until thickened.
4. Add this sauce to the hot cabbage and milk.
5. Stir and cook a few minutes longer.

Vegetable Combinations

1. Stewed okra and tomatoes.
2. Onions and tomatoes, stewed or baked.
3. Stewed squash and tomatoes.
4. Corn and beans or succotash.
5. Cooked chopped carrots or turnips with chopped green or red pepper.
6. Diced cooked carrots and celery.
7. Baby turnips and their greens.
8. Baby beets and their greens.
9. Creamed carrots or rutabagas and peas.
10. Mashed carrots and potatoes.
11. Peas and diced potatoes with a little chopped onion, creamed or seasoned with table fat and salt.

CEREALS AND BREADS

Cooked Cereal, Plain

The table below is helpful in figuring the amount of uncooked cereal and the amount of water to start with in cooking 12, 25, or 50 servings of about ¾ cups each.

Kind of cereal	Approximate cooking time	12 servings		25 servings		50 servings	
		Cereal	Water	Cereal	Water	Cereal	Water
		Cups	*Quarts*	*Quarts*	*Quarts*	*Quarts*	*Gallons*
Corn meal	1 hour	2½	2½	1¼	5	2½	2½
Granular wheat cereal.	30–40 minutes	3	2½	1½	5	3	2½
Hominy grits	30 minutes	2½	2½	1¼	5	2½	2½
Rolled oats:							
Quick	10–15 minutes	4	2	2	4	4	2
Regular	30–40 minutes	4	2	2	4	4	2
Rolled wheat	15–30 minutes	4	2	2	4	4	2
Cracked wheat	3–4 hours after soaking.	2½	2½	1¼	5	2½	2½
Rice	15–25 minutes	2½	5	1¼	10	2½	2½

Corn meal, granular wheat cereal, hominy grits

1. Mix cereal with a little of the water (cold).
2. Add salt, allowing 1 teaspoon to each quart of water.
3. Heat remaining water to boiling, and add the cereal-cold water mixture.
4. Cook over direct heat with constant stirring until mixture begins to thicken.
5. Cook covered over hot water for the remainder of the cooking time.

Rolled oats, rolled wheat

1. Sprinkle these cereals a little at a time into rapidly boiling, salted water (1 teaspoon salt to each quart of water).
2. Cook over direct heat, stirring only occasionally until mixture begins to thicken.
3. Cover and cook over hot water for the remainder of the cooking time.

Cracked wheat

1. Soak overnight in one-half the water (cold).
2. In the morning, add the remainder of the water and 1 teaspoon salt to each quart of water used.
3. Boil gently over direct heat until tender. Or if desired, cook the cereal over hot water—this requires longer cooking.

Rice

1. Wash rice well and drain.
2. Add rice gradually to salted boiling water (allow 1 teaspon salt to each quart water).
3. Reduce the heat and boil rice gently, uncovered, until grains are tender and have no hard center when pressed.
4. Drain in a colander or sieve.
5. Pour hot water through the rice to remove loose starch and separate the grains.
6. Cover with a cloth and set over hot water to allow the grains to swell and dry.
7. To reheat rice for serving, steam in a colander or sieve over boiling water just long enough to heat through.

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Cereal With Soya

Substitute 2 tablespoons of soya grits for 2 tablespoons of the uncooked cereal in each cup measure. Cook as directed for plain cooked cereal.

Cereal With Dried Fruit

To each cup of uncooked cereal use 1 or more cups of soaked, dried fruit, drained. Use the water in which the fruit has soaked or milk as part of the liquid for cooking the cereal. Heat this liquid to boiling, add the cereal slowly, then the fruit, stir constantly. Cover and cook over boiling water.

Fried Fruit Mush

Pour cereal cooked with fruit into a pan rinsed in cold water. Let set until cold and firm. Then slice, dust lightly with flour, and fry in a little melted fat until brown on both sides.

Fried Cereal

Cooked corn meal, hominy grits, rolled oats, rolled wheat, and whole wheat may be molded, then sliced, and browned in a little fat. Serve with sirup, jelly, or preserves.

If cereals are to be molded, use less water in cooking. Pour into pans rinsed with cold water. Let set until cold and firm, slice, dust lightly with flour, and fry the mush slowly until the crust is golden brown.

Cereal With Cheese or Fish

Stir in some well flavored, finely diced cheese until melted, or add flaked cooked fish to the cooked cereal mush before taking it off the fire. Serve hot.

Cereal Puddings

Use any of the plain cooked cereals as a basis for cereal-fruit puddings (see p. 25).

White Bread

2¾ cups milk	4 teaspoons salt
1 to 2 cakes yeast	2 tablespoons fat
3 tablespoons sugar	2¼ quarts sifted hard-wheat flour

(*Yield:* Three 1-pound loaves; about 30 one-fourth-inch slices per loaf if baked in pans 3¼ inches by 8 inches.)

1. Heat the milk. Take out ½ cup of the hot milk, cool to lukewarm, and add the yeast broken in small pieces.
2. Add the sugar, salt, and fat to the remaining milk while hot.
3. Cool to lukewarm, then add the softened yeast and flour, and mix thoroughly until a soft dough is formed.
4. Knead the dough quickly on a lightly floured board until smooth and elastic.
5. Place dough in a greased bowl, rub a little fat over the top, and cover. Let rise in a warm place until double in size.
6. Punch down the center, pull the sides over and press them into the center. Then turn the dough over so the bottom side is on top.
7. Set in a warm place to rise again to almost double its size.
8. Punch it down again, cut, and mold into loaves. Place loaves in greased pans, rub fat lightly over the tops, cover, and let rise again until about double in size.
9. Bake the loaves in a moderately hot oven for about 15 minutes, then lower the heat. Bake for about 30 to 45 minutes longer, or until the loaves shrink from the side of the pan and give a hollow sound when tapped.
10. When baked, turn loaves out of the pan, and place on a rack to cool. Do not cover while they are warm.

Whole-Wheat Bread

2½ cups milk	1 tablespoon salt
1 to 2 yeast cakes	3 tablespoons fat
3 tablespoons sugar	1¾ quarts whole-wheat flour

(*Yield:* Three 1-pound loaves, about 30 one-fourth-inch slices per loaf if baked in pans 3¼ inches by 8 inches.)

Stir the flour to lighten it, but do not sift it. Measure and then proceed as directed for white bread.

Whole-Wheat Muffins or Batter Bread

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, whole-wheat	2½ cups	1¼ quarts	2½ quarts
Baking powder	1 tablespoon	2 tablespoons	4 tablespoons
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Sugar	0 to ¼ cup	0 to ½ cup	0 to 1 cup
Eggs, beaten	2	4	8
Milk	2 cups	1 quart	2 quarts
Fat, melted	¼ cup	½ cup	1 cup

1. Mix the dry ingredients together.
2. Combine the beaten eggs, milk, and melted fat.
3. Add to the dry ingredients all at once, and stir just enough to moisten and give the mixture a rough appearance.
4. Fill greased muffin pans two-thirds full or pour into greased shallow baking pans.
5. Bake in a hot oven for 20 to 25 minutes.

For variety

Add whole or chopped raisins to the batter.

Biscuits

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, sifted	1 quart	2 quarts	4 quarts
Baking powder	2 tablespoons	4 tablespoons	8 tablespoons
Salt	1½ teaspoons	1 tablespoon	2 tablespoons
Fat	¼ cup	½ cup	1 cup
Milk	1½ to 2 cups or enough to make a soft dough	3 cups to 1 quart	1½ to 2 quarts

1. Sift the dry ingredients together. Cut in the fat.
2. Add the milk slowly, stirring from the center until a soft dough is formed.
3. Toss a part of the soft dough on a lightly floured board, knead a few seconds until smooth, then roll about ½ inch thick.
4. Cut into biscuits. (As a time saver, cut the rolled dough into squares instead of using a biscuit cutter.)
5. Repeat steps 3 and 4 for the remainder of dough.
6. Bake in a hot oven in ungreased baking pans for about 15 minutes or until lightly browned.

   Or bake on top of the stove in a frying pan. Melt a little fat in the pan, and place biscuits about 1 inch apart. Brown slowly on one side, then turn and brown the other side. Keep heat low so biscuits do not scorch.

Drop biscuits

Follow steps 1 and 2 above, then drop the dough from a spoon onto greased baking pans. Bake in a hot oven about 15 minutes or until lightly browned.

Whole-Wheat Drop Biscuits

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, whole-wheat	4½ cups	2¼ quarts	4½ quarts
Baking powder	2 tablespoons	4 tablespoons	½ cup
Salt	1½ teaspoons	1 tablespoon	2 tablespoons
Fat	6 tablespoons	¾ to 1 cup	1½ to 2 cups
Milk, approximate	1½ cups	3 cups	1½ quarts

1. Mix the dry ingredients together.
2. Cut in the fat.
3. Make a well in the mixture; add the milk slowly, stirring from the center until a soft dough is formed.
4. Drop the dough from a spoon into lightly greased baking pans.
5. Bake in a moderate oven about 15 minutes, or until lightly browned.

Rolled biscuits

Toss a part of the soft dough on a lightly floured board, knead a few seconds until smooth, then roll about ½ inch thick. Cut into biscuits. Repeat for the remainder of the dough. Bake in ungreased baking pans for about 15 minutes or until lightly browned.

Rolled Oats or Rolled-Wheat Muffins

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rolled oats or rolled wheat, cooked	2 cups	1 quart	2 quarts
Milk	1 cup	2 cups	1 quart
Eggs, beaten	2	4	8
Fat, melted	¼ cup	½ cup	1 cup
Flour, sifted	3 cups	1½ quarts	3 quarts
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Sugar	1 tablespoon	2 tablespoons	¼ cup
Baking powder	1½ tablespoons	3 tablespoons	6 tablespoons

1. Mix the cooked rolled oats or rolled wheat, milk, beaten eggs, and melted fat.
2. Add the sifted dry ingredients and stir until just mixed.
3. Fill greased muffin pans about two-thirds full.
4. Bake for 25 to 30 minutes in a moderately hot oven.

For variety

Add whole or chopped raisins to the batter.

Corn Meal and Flour Muffins

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn meal, uncooked	3 cups	1½ quarts	3 quarts
Flour, sifted	1 cup	2 cups	1 quart
Baking powder	1½ tablespoons	3 tablespoons	6 tablespoons
Salt	2 teaspoons	4 teaspoons	2½ tablespoons
Sugar	2 tablespoons	¼ cup	½ cup
Fat, melted	¼ cup	½ cup	1 cup
Milk	3 cups	1½ quarts	3 quarts
Eggs, beaten	2	4	8

1. Mix the dry ingredients thoroughly.
2. Add the melted fat, milk, and beaten eggs; mix well.
3. Pour into hot, well greased dripping pans or muffin pans and bake in a hot oven for 20 to 25 minutes.

NOTE.—Eggs may be omitted, by increasing the baking powder ½ teaspoon for each egg omitted, and increasing the milk ½ cup for 12 servings, 1 cup for 25, and 1½ cups for 50.

Corn Bread

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn meal, uncooked	1 quart	2 quarts	4 quarts
Salt	2 teaspoons	4 teaspoons	2½ tablespoons
Fat	¼ cup	½ cup	1 cup
Milk	3 cups	1½ quarts	3 quarts
Eggs, beaten	2	4	8
Baking powder	1½ tablespoons	3 tablespoons	6 tablespoons

1. Mix the corn meal and salt, add the fat.
2. Heat the milk to boiling, and pour slowly over the corn meal, fat, and salt. Stir until well mixed and cool.
3. Add the beaten eggs and baking powder. Mix well.
4. Pour into hot, well greased dripping pans or muffin pans and bake in a hot oven for 20 to 25 minutes.

   Or cook on top of the stove in a frying pan. Pour the mixture 1 inch deep into the well greased pan. Cook slowly over direct heat until brown, then turn and brown the other side, adding extra fat.

Sandwich Suggestions

1. Baked beans, mashed, and mixed with tomato sauce, chili sauce, catsup, or salad dressing, or minced onion with salad dressing.
2. Chopped peanuts and baked beans, mashed.
3. Flaked fish with chopped cabbage and salad dressing.
4. Sliced or chopped hard-cooked egg with salad dressing. With soya: For ¼ cup soya flour, use 2 chopped hard-cooked eggs, ¼ cup salad dressing, ¼ teaspoon salt, pepper and mustard.
5. Grated raw carrot with chopped peanuts, peanut butter, or raisins, mixed with table fat or mayonnaise and soya flour. (Use equal amounts of soya, mayonnaise, and peanut butter.)
6. Cottage or cream cheese, chopped vegetables, and salad dressing mixed together. Or omit vegetables and use ½ cup soya flour to ½ pound cheese and 2 tablespoons salad dressing. Sweet red-pepper relish, horseradish, onion pulp, or chopped nuts may be added for flavor.
7. Apple butter mixed with an equal quantity of soya flour.
8. Cheddar cheese, grated or finely cut, and mixed with chopped onion, celery, relish or pickle, and salad dressing.
9. Chopped or ground liver or other cooked meat with relish, pickles, grated carrot, or shredded cabbage, and salad dressing.

Vegetable Soup (With Meat Stock)

Ingredients	*12 servings*	*25 servings*	*50 servings*
Soup bone, cracked, with meat	4 pounds	5 to 6 pounds	10 to 12 pounds
Water, boiling	3 quarts	1½ gallons	3 gallons
Onion, chopped	¾ cup	1½ cups	3 cups
Potatoes	1 quart	2 quarts	4 quarts
Tomatoes	1 quart	2 quarts	4 quarts
Carrots, diced	2 cups	1 quart	2 quarts
Salt	1 tablespoon	2 tablespoons	¼ cup

1. Wash the soup bone and simmer in the water in a covered pan for 2 or 3 hours, or until the meat is very tender.
2. Remove the soup bone from the broth, cut off the meat and fat, discard the gristle and bone, and chop the meat.
3. Render the fat and cook the onion in it until slightly browned.
4. Add the potatoes, tomatoes, carrots, and onion to the meat broth and cook until vegetables are tender.
5. Add the salt and chopped meat; stir and cook a little longer to blend.

For variety

Use beans instead of the potatoes—1 cup for 12 servings, 2 cups for 25, and 1 quart for 50. Soak the beans overnight in water to cover, then add the beans and liquid to the meat broth and simmer until almost tender before adding the other vegetables.

Chopped green pepper, chopped celery stalks and leaves, or chopped cabbage add flavor to the soup.

Vegetable Soup (Without Meat Stock)

Ingredients	*12 servings*	*25 servings*	*50 servings*
Carrots, diced	2 cups	1 quart	2 quarts
Turnips, diced	1 cup	2 cups	1 quart
Potatoes, diced	2 cups	1 quart	2 quarts
Tomatoes	1 quart	2 quarts	4 quarts
Water, boiling	2 quarts	1 gallon	2 gallons
Onions, sliced or chopped	2 cups	1 quart	2 quarts
Salt-pork drippings or other fat	½ cup	1 cup	2 cups
Cabbage, chopped	1 quart	2 quarts	4 quarts
Salt and pepper, to taste			

1. Mix the carrots, turnips, potatoes, and tomatoes, and boil gently in the water until the vegetables are almost tender.
2. Brown the onions lightly in fat or drippings.
3. Add with the cabbage to the other vegetables.
4. Boil a little longer until all the vegetables are tender but not soft.
5. Season with salt and pepper.

Bean or Split-Pea Soup

Ingredients	*12 servings*	*25 servings*	*50 servings*
Dried beans or split peas	3 cups	1½ quarts	3 quarts
Water, cold	3 quarts	1½ gallons	3 gallons
Onion, chopped	½ cup	1 cup	2 cups
Fat	¼ cup	½ cup	1 cup
Flour	2 tablespoons	¼ cup	½ cup
Milk	1 quart	2 quarts	1 gallon
Salt	1 tablespoon	2 tablespoons	¼ cup

1. Pick over and wash the beans. Soak them overnight in half the cold water.
2. In the morning, add the remainder of the water and the onion. Cover and simmer about 1½ hours or until beans and onion are tender.
3. Save all liquid. Press the beans and onion through a sieve, or mash well.
4. Melt the fat. Blend in the flour, add the milk, and cook 10 minutes, stirring constantly.
5. Mix with the bean pulp and liquid. Add the salt.
6. Reheat. Add more milk if the soup becomes too thick.

With soya flour

Add soya flour as follows—½ cup for 12 servings, 1 cup for 25, 2 cups for 50. Mix the flour with an equal quantity of the milk until smooth. Add to the soup a few minutes before serving.

For variety

Cook the beans with a ham bone and ham broth instead of the water (see p. 5).

Add any chopped leftover ham to the soup a little before serving.

Add tomatoes or diced carrots for a touch of color and added food value. Finely chopped peanuts also add food value and flavor.

For a "hot" soup, add a little chili.

Vegetable Cream Soup

Ingredients	*12 servings*	*25 servings*	*50 servings*
Milk	2 quarts	1 gallon	2 gallons
Table fat	¼ cup	½ cup	1 cup
Flour	¼ cup	½ cup	1 cup
Salt	3 teaspoons	2 tablespoons	¼ cup
Cabbage or spinach, finely chopped	2 cups	1 quart	2 quarts

1. Heat the milk over hot water.
2. Melt the fat. Blend in the flour, add a little of the hot milk and stir until smooth. Mix gradually with the remaining hot milk.
3. Add salt and raw vegetable and stir until thickened.
4. Cover and cook 10 minutes or until vegetables are tender.

With soya flour

Add soya flour in the following quantity—½ cup for 12 servings, 1 cup for 25, and 2 cups for 50. Mix the flour with an equal quantity of milk until smooth before adding to the soup.

Quick Potato Soup

Ingredients	*12 servings*	*25 servings*	*50 servings*
Potatoes, chopped fine	1 quart	2 quarts	4 quarts
Onion, chopped	2 tablespoons	¼ cup	½ cup
Milk	2 quarts	1 gallon	2 gallons
Salt	1 tablespoon	2 tablespoons	4 tablespoons
Fat	¼ cup	½ cup	1 cup
Parsley, chopped (if available)	½ cup	1 cup	2 cups

1. Simmer the potatoes, onion, and milk over low heat until potatoes are tender. Stir frequently.
2. Add salt and fat.
3. Serve with finely chopped parsley over the top.

Cocoa

Ingredients	*12 servings*	*25 servings*	*50 servings*
Cocoa	¾ cup	1½ cups	2½ to 3 cups
Water, hot	1¼ cups	2½ cups	1¼ quarts
Milk	3 quarts	1½ gallons	3 gallons
Sugar	¼ cup	½ cup	1 cup
Salt, to taste			
Vanilla	½ teaspoon	1 teaspoon	2 teaspoons

1. Mix the cocoa and hot water.
2. Stir and boil about 3 minutes.
3. Add the milk, sugar, and salt to taste.
4. Heat over hot water and beat to prevent a scum forming.
5. Add the vanilla and serve.

Tomato Sauce

Ingredients	*12 servings*	*25 servings*	*50 servings*
Tomatoes, fresh or canned	1¼ quarts	2½ quarts	5 quarts
Onion, sliced	½ cup	1 cup	2 cups
Sugar	2 tablespoons	¼ cup	½ cup
Spice, to taste			
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Fat	½ cup	1 cup	2 cups
Flour	½ cup	1 cup	2 cups
Cheese, if desired	½ pound	1 pound	2 pounds

1. Simmer the tomatoes with the onion, sugar, spice, and salt about 10 minutes.
2. Strain through a sieve, and press to obtain all pulp.
3. Melt the fat, and blend in the flour.
4. Add the hot tomato juice, then cook and stir over low heat until thickened.
5. Cover and cook over hot water about 10 minutes; serve hot.
6. If cheese is used, break it into small pieces. Add to the hot sauce and stir until melted.

Soya tomato sauce

For 12 servings, mix ½ cup soya flour with the tomato juice, add to the blended fat and flour; for 25 servings use 1 cup soya and for 50 servings, 2 cups.

White Sauce

Ingredients	*Thin*	*Medium*	*Thick*
Table fat	¼ cup	⅓ cup	½ cup
Flour	¼ cup	½ cup	¾ cup
Salt	1 teaspoon	2 teaspoons	3 teaspoons
Milk	1 quart	1 quart	1 quart

1. Melt the fat. Blend in the flour and salt thoroughly.
2. Add the milk, and stir until thickened.
3. Cover and cook over hot water for 10 minutes.
4. Stir well before serving.

Soya white sauce

Use half as much white flour as called for in the above recipe, and add ½ cup soya flour. Save out ½ cup of the milk to blend with the soya flour, and add to the sauce when it begins to thicken.

Brown Sauce

Ingredients	*12 servings*	*25 servings*	*50 servings*
Meat drippings or other fat	6 tablespoons	¾ cup	1½ cups
Flour	6 tablespoons	¾ cup	1½ cups
Salt	1 teaspoon	2 teaspoons	1½ tablespoons
Pepper, to taste			
Brown stock or water	1 quart	2 quarts	4 quarts

1. Heat the fat over direct heat.
2. Add the flour, and stir until lightly browned.
3. Stir in the seasonings and stock or water until smooth and thickened.

Suggestions

Brown stock can be made by dissolving bouillon cubes in hot water, one cube for each cup of water used.

For variety, add finely chopped onion or parsley.

Potato Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Potatoes, medium-sized	10 to 12	20 to 25	45 to 50
Salt pork or bacon, diced	2 cups	1 quart	2 quarts
or			
Celery, cut	1 quart	2 quarts	4 quarts
Onion, finely chopped	¼ cup	½ cup	1 cup

1. Wash potatoes and cut off blemishes.
2. Cook unpeeled until tender in salted, boiling water.
3. Drain, cool slightly, and remove skins.
4. Cut the potatoes in cubes of uniform size.

For hot salad (with salt pork or bacon)

1. Fry the diced salt pork or bacon until crisp; remove from the fat.
2. Mix the potatoes, salt pork or bacon, and the onion.
3. Add the salt pork or bacon drippings and vinegar to taste.
4. Serve while still warm.

For cold salad (with celery)

1. Mix the warm potatoes with the finely chopped onion.
2. Add hot salad dressing—1 cup for 12 servings, 2 cups for 25, and 3 cups for 50. (See Salad Dressing, p. 37.)
3. Chill the mixture.
4. Stir in the cut celery gently so as not to break the potatoes.
5. Add salt if needed.

Bean and Pickle Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Beans, dried:			
Uncooked	2 cups	1 quart	2 quarts
or			
Cooked	6 cups	3 quarts	6 quarts
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Beets:			
Uncooked	5 medium	10 medium	20 medium
or			
Cooked, diced	3 cups	1½ quarts	3 quarts
Chopped pickle or pickle relish	¾ cup	1½ cups	3 cups
Salad dressing (thin)	2 cups	1 quart	2 quarts
Lettuce or cabbage, shredded	1 quart	2 quarts	4 quarts

1. Wash dried beans and soak them overnight in water to cover.
2. In the morning add the salt and water to make 1 quart for 12 servings; 2 quarts for 25; or 3 quarts for 50.
3. Simmer until the beans are tender but not mushy. Drain and chill.
4. Cook the beets as directed on page 20 and dice.
5. Mix all ingredients together lightly.
6. Serve on shredded lettuce or cabbage.

Apple and Cabbage Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples:			
Dried	2 cups	1 quart	2 quarts
or			
Raw, diced	1½ quarts	3 quarts	6 quarts
Cabbage, shredded	2 quarts	3 quarts	6 quarts
Salad dressing	1 cup	2 cups	1 quart
Nut meats, chopped (if available)	1 cup	2 cups	1 quart

1. If dried apples are used, soak them in a small quantity of water. When plump, drain and cut into small pieces.
2. Shred cabbage just before serving.
3. Mix apples with the cabbage.
4. Add the salad dressing, and nuts.

Apple and Celery Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples, diced	2 quarts	4 quarts	8 quarts
Celery, cut	2 to 3 cups	1 to 1½ quarts	2 to 3 quarts
Nut meats, chopped (if available)	1 to 2 cups	2 cups to 1 quart	1 to 2 quarts
Salt and salad dressing, to season			

1. Wash the apples thoroughly.
2. Pare if desired, and cut into uniform pieces.
3. Mix with the celery and nuts, a little salt, and enough salad dressing to season well. Use the larger amount of celery if nuts are not available.
4. Serve on shredded cabbage, lettuce, or other greens.

Cabbage Salad (Slaw)

Ingredients	*12 servings*	*25 servings*	*50 servings*
Cabbage, chopped or shredded (pressed measure)	2 to 3 quarts	4 to 6 quarts	8 to 10 quarts
Onion juice or celery seed to taste, if desired			
Salad dressing, thin	2 cups	1 quart	2 quarts

1. Chop or shred the cabbage just before serving.
2. Add onion juice or celery seed, and blend.
3. Stir in the salad dressing. Chill and serve.

For variety

For flavor and food value, add chopped peanuts or grated or finely chopped raw carrots.

Fruit and Vegetable Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Peaches or other fruit, cut	1 quart	2 quarts	4 quarts
Carrots, shredded	2 cups	1 quart	2 quarts
Cabbage, shredded	1½ quarts	3 quarts	6 quarts
Salad dressing	1 cup	2 cups	1 quart
Nut meats, chopped (if available)	1 cup	2 cups	1 quart

1. Combine all ingredients. Mix lightly.

Green Salad With Hard-Cooked Eggs

Ingredients	*12 servings*	*25 servings*	*50 servings*
Spinach, cress, or other greens, chopped or shredded	2 quarts	4 quarts	8 quarts
Eggs	6	13	25
Salad dressing	1 cup	2 cups	1 quart

1. Sort the greens well, removing all roots and tough leaves.
2. Wash the greens through several waters and drain thoroughly.
3. Cut or chop into pieces of desired size.
4. Chill, if possible.
5. Cook the eggs until hard. (See p. 10.)
6. Mix greens with the salad dressing.
7. Add slices of hard-cooked egg.

Stuffed Prune Salad

Ingredients	*12 servings*	*25 servings*	*50 servings*
Prunes	1 quart	2 quarts	4 quarts
Raisins or other dried fruit, chopped	1 cup	2 cups	1 quart
Peanut butter or cottage cheese	1 cup	2 cups	1 quart

1. Soak the prunes in a small amount of hot water until soft and drain.
2. Slit one side of each prune and remove the pit.
3. Mix the raisins and peanut butter or cottage cheese. (Add salt to taste if cheese is used.)
4. Fill prune center with the stuffing.
5. Serve on chopped cabbage or shredded lettuce with a little salad dressing. Or serve plain as dessert.

Other Salad Suggestions

Any of the salads suggested below may be moistened with cooked salad dressing or mayonnaise and served on shredded lettuce, cabbage, or other greens.

1. Black-eyed peas, chopped raw cabbage or cress, and carrots with vinegar and oil or other fat.
2. Cooked beans or peas with diced raw cucumber, or tender raw turnip, or radish or celery cut crosswise.
3. Cooked lima beans, chopped peanuts, moistened with salad dressing mixed with tomato catsup.
4. Red kidney beans, chopped green pepper, raw onion rings, and tomato.
5. Cooked green beans and thinly sliced raw or cooked carrots.
6. Beans with chopped meat or fish, hard-cooked egg or cheese, and onion, mustard, and vinegar.
7. Cooked peas and chopped onions.
8. Shredded raw carrots with sliced cabbage, diced apples, or raisins.
9. Diced cooked beets with sliced hard-cooked eggs.
10. Onion rings with shredded cabbage.
11. Shredded carrots and cottage cheese balls.
12. A mound of cottage cheese with cooked dried fruits or tomatoes arranged in a ring around the cheese.
13. Cut young turnips, carrots, cucumbers in thin strips, crisp cabbages in wedges to eat raw with salt.

Salad Dressing

Ingredients	*12 servings*	*25 servings*	*50 servings*
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Mustard	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Flour	3 tablespoons	6 tablespoons	3/4 cup
Sugar	2 tablespoons	1/4 cup	1/2 cup
Milk, cold	1 cup	2 cups	1 quart
Eggs, well beaten	1	2	4
Vinegar	6 tablespoons	3/4 cup	1 1/2 cups
Fat	1/4 cup	1/2 cup	1 cup

1. Sift the dry ingredients together.
2. Add the cold milk and stir until well blended.
3. Cook and stir this mixture over hot water until thickened; then cover and cook about 10 minutes longer.
4. Add some of the hot mixture gradually to the well beaten eggs; combine with the remaining hot mixture and cook a few minutes longer.
5. Add the vinegar slowly, and continue to cook until mixture is fairly thick.
6. Beat in the fat.

For variety

Add 2 to 4 tablespoons chili sauce or catsup to each cup of salad dressing.

Apple-Cranberry Relish

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples, large	2	4	8
Cranberries	4 cups	2 quarts	4 quarts
Sugar or honey	3/4 cup	1 1/2 cups	3 cups
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons

1. Wash the fruit thoroughly, drain cranberries, and pick out any soft and specked ones. Wipe the apples, core, and quarter.
2. Put fruit through chopper using fine knife, or chop fine.
3. Add sugar or honey and the salt.
4. Cover and put in a cool place to blend flavors. This relish will keep a week or more in a cool place.

DESSERTS

Cooked Fresh Apples

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples	5 pounds	10 pounds	20 pounds
Water to cover			
Sugar	½ cup	1 cup	2 cups

Applesauce

1. Wash the apples thoroughly, and cut in quarters or eighths.
2. Barely cover the apples with water, and boil gently until soft. Stir frequently to keep from scorching.
3. Press apples through a colander to remove cores and skins.
4. Add the sugar and a very little spice and salt.

Stewed apples

1. Wash, core, and pare the apples. Cut in quarters.
2. Cover the apples well with water.
3. Add the sugar and boil gently until the apples are tender.

Stewed Dried Fruit

(Approximate quantities)

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples	1 pound	2 pounds	4 pounds
Peaches	1 pound	2 pounds	4 pounds
Prunes	1 pound	2 pounds	4 pounds
Raisins	2 pounds	4 pounds	8 pounds

Apples. As a rule, apples do not require soaking before stewing. Drop them into boiling water and cook about 15 minutes or until tender. Add a little sugar, if desired. If apples are too hard for successful quick cooking, soak them for an hour, then cook in the same water in which they were soaked.

Peaches. Soak the peaches about an hour in enough hot water to cover. Cook until tender in the water in which they were soaked. If desired, add ¼ cup sugar for each cup peaches during the last 5 minutes of cooking. Serve hot or cold.

Prunes. Soak prunes about an hour in enough hot water to cover. Cook until tender in the water in which they were soaked. If desired, add 2 tablespoons sugar for each cup prunes during the last few minutes of cooking.

Raisins. Cook the raisins without soaking in a small amount of water until plump and tender.

Baked Apples

Ingredients	*12 servings*	*25 servings*	*50 servings*
Apples, large	12	25	50
Sugar	¼ cup	½ cup	1 cup
Spice, to taste			
Salt	1 teaspoon	2 teaspoons	1 tablespoon
Table fat	¼ cup	½ cup	1 cup

1. Wash and core the apples.
2. Mix the sugar, spice, and salt together.
3. Place apples in shallow pans, fill apple centers with the sugar mixture, and dot with the fat.
4. Cover and bake in a hot oven until tender but not broken.
5. Serve either hot or cold.

Creamy Rice With Raisins

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rice, uncooked	1 cup	2 cups	1 quart
Milk	1 quart	2 quarts	1 gallon
Salt	1½ teaspoons	1 tablespoon	2 tablespoons
Raisins	2 cups	1 quart	2 quarts
Sugar	½ cup	1 cup	2 cups

1. Wash the rice and drain well.
2. Heat the milk over hot water.
3. Add rice and salt to milk; cover, and cook about 20 minutes.
4. Stir in the raisins and sugar and cook until rice is tender and raisins are plump.

Fruit Betty

Ingredients	*12 servings*	*25 servings*	*50 servings*
Sugar	1 cup	2 cups	4 cups
Cinnamon	1 teaspoon	2 teaspoons	1 tablespoon
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Apples:			
Dried, soaked	2 quarts	4 quarts	8 quarts
or			
Raw, sliced	3 quarts	6 quarts	12 quarts
Bread crumbs, dry or toasted	1½ quarts	3 quarts	6 quarts
Table fat, melted	6 tablespoons	¾ cup	1½ cups

1. Mix the sugar, cinnamon, and salt together.
2. Place in greased baking pans, alternate layers of apples and bread crumbs, sprinkling each layer with the sugar mixture.
3. Pour the melted fat over the top, and if dried fruits are used, a little of the liquid in which they were soaked.
4. Bake in a moderate oven for 30 to 45 minutes.

   Or if oven space is not available, cook over low heat on top of the stove. Heat the fat in a large frying pan, mix all ingredients, and pour into the pan; cook until hot. Stir frequently.

For variety

Peaches, prunes, or other dried fruit may be substituted for the dried apples.

Fruit and Cereal Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Cereal, cooked, hot	2 quarts	4 quarts	8 quarts
Fruit, stewed or canned	1 quart	2 quarts	4 quarts
Sugar	½ cup	1 cup	2 cups
Table fat	2 tablespoons	¼ cup	½ cup

1. Mix the cooked cereal, fruit, sugar, and fat.
2. Stir until well blended, and serve.

NOTE: Directions for cooking cereal are given on page 25.

Fruit Bread Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Milk	1¼ quarts	2½ quarts	5 quarts
Bread, dry, in small pieces	1 quart	2 quarts	4 quarts
Eggs, beaten	2	4	8
Sugar	½ cup	1 cup	2 cups
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Fruit, stewed or canned, chopped	1½ cups	3 cups	1½ quarts

1. Heat the milk over hot water; add the bread.
2. Add the milk-bread mixture slowly to the beaten eggs, sugar, salt, and chopped fruit.
3. Pour into greased baking pans and bake in a moderate oven about 45 minutes, or until lightly browned.

Fruit and Rice Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Rice:			
Uncooked	1 cup	2 cups	1 quart
or			
Cooked	1 quart	2 quarts	4 quarts
Peaches, or other cooked fruit, cut	1½ quarts	3 quarts	6 quarts
Sugar	1 cup	2 cups	1 quart
Flour	½ cup	¾ cup	1½ cups
Salt	¾ teaspoon	1½ teaspoons	1 tablespoon
Milk, cold	3 cups	1½ quarts	3 quarts
Cinnamon	¼ teaspoon	½ teaspoon	1 teaspoon

1. Cook the rice as directed on page 25.
2. Mix fruit and rice.
3. Blend the sugar, flour, and salt with a little of the cold milk until smooth.
4. Heat the remaining milk, add the flour mixture; stir and cook until thickened.
5. Cook over hot water about 10 minutes longer.
6. Add to mixture of rice and fruit.
7. Stir in the cinnamon; for extra flavor, add a little table fat and lemon juice.
8. Serve hot or cold.

Sweetpotato Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Sweetpotatoes:			
Uncooked	**2 pounds (about 6 medium-sized)**	**4 pounds (about 12 medium-sized)**	**8 pounds (about 24 medium-sized)**
or			
Cooked, mashed	**4 cups**	**2 quarts**	**4 quarts**
Oranges	**1**	**2**	**4**
Table fat	**¼ cup**	**½ cup**	**1 cup**
Salt	**1 teaspoon**	**2 teaspoons**	**1 tablespoon**
Corn sirup or cane sugar sirup	**1 cup**	**2 cups**	**1 quart**
Eggs, separated	**2**	**4**	**8**
Milk	**1 cup**	**2 cups**	**1 quart**

1. Wash the sweetpotatoes and cook them in boiling water until tender; remove skins and mash sweetpotatoes.
2. Squeeze out the juice and grate the rind from the oranges.
3. Add the orange juice and grated rind, fat, salt, sirup, beaten egg yolks, and milk to the hot mashed sweetpotatoes.
4. Fold in the stiffly beaten egg whites.
5. Pour into greased baking pans and bake in a slow oven about 30 minutes or until the pudding sets.

Hominy Grits Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Hominy grits, uncooked	**1½ cups**	**3 cups**	**1½ quarts**
Water, warm	**2¼ quarts**	**4½ quarts**	**9 quarts**
Salt	**3 teaspoons**	**2 tablespoons**	**3½ tablespoons**
Sugar	**½ cup**	**1 cup**	**2 cups**
Raisins	**1½ cups**	**3 cups**	**1½ quarts**
Apples, diced	**1 quart**	**2 quarts**	**4 quarts**
Cinnamon	**½ teaspoon**	**1 teaspoon**	**2 teaspoons**

1. Stir the hominy grits slowly into the warm water. (If the pudding is to be served cold, add a little extra liquid.)
2. Add the salt and sugar and cook over hot water for about 30 minutes.
3. Add the raisins and apples; cook until apples are tender and the pudding is thick.
4. Mix the cinnamon with a little water and stir into the pudding.
5. Serve hot; or if extra liquid has been added, serve cold.

Quick Fruit Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Berry fruit	1½ quarts	3 quarts	6 quarts
Fruit juice	¾ cup	1½ cups	3 cups
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Sugar	1 cup	2 cups	1 quart
Bread crumbs, soft	1 quart	2 quarts	4 quarts
Table fat	2 tablespoons	¼ cup	½ cup

1. Heat the fruit without water or crushing until the juice flows freely.
2. Drain and save the juice.
3. Add the salt and sugar to the juice.
4. Boil for 1 to 3 minutes depending upon the quantity.
5. While juice is still hot, stir in the bread crumbs, fruit, and fat.
6. Let stand for about 30 minutes and serve while still warm.

Indian Apple Pudding

Ingredients	*12 servings*	*25 servings*	*50 servings*
Corn meal, uncooked	⅔ cup	1⅓ cups	2⅔ cups
Milk	2 quarts	1 gallon	2 gallons
Salt	2 teaspoons	4 teaspoons	2½ tablespoons
Molasses	1 cup	2 cups	1 quart
Apples, finely diced	1 quart	2 quarts	4 quarts
Ginger or other spice	1 teaspoon	2 teaspoons	1 tablespoon

1. Cook the corn meal, milk, and salt over hot water for 20 minutes.
2. Add the molasses, apples and ginger.
3. Pour into greased baking pans, and bake in a very moderate oven for about 2 hours.
4. Serve hot or cold.

Rolled Oats Drop Cookies

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, sifted	1½ cups	3 cups	1½ quarts
Soda	½ teaspoon	1 teaspoon	2 teaspoons
Salt	¾ teaspoon	1½ teaspoons	1 tablespoon
Cinnamon	½ teaspoon	1 teaspoon	2 teaspoons
Sugar	1 cup	2 cups	1 quart
Fat, melted	½ cup	1 cup	2 cups
Raisins, chopped	1 cup	2 cups	1 quart
Nuts, chopped (if available)	1 cup	2 cups	1 quart
Rolled oats, uncooked	1½ cups	3 cups	1½ quarts
Eggs, beaten	1	2	4
Milk	½ cup	1 cup	2 cups

1. Sift the flour, soda, salt, and cinnamon together.
2. Mix the sugar with the melted fat, raisins, nuts, and rolled oats.
3. Mix all of these ingredients together.
4. Add the beaten eggs and milk, and stir until well mixed.
5. Drop the batter from a teaspoon onto greased pans.
6. Bake in a moderately hot oven 10 to 12 minutes, or until lightly browned.
7. Remove from the pans while hot.

Whole-Wheat Drop Cookies

Ingredients	*12 servings*	*25 servings*	*50 servings*
Flour, whole-wheat	2¼ cups	4½ cups	2¼ quarts
Baking powder	1 tablespoon	2 tablespoons	4 tablespoons
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Cinnamon	½ teaspoon	1 teaspoon	2 teaspoons
Fat	½ cup	1 cup	2 cups
Sugar	1 cup	2 cups	1 quart
Eggs, beaten	1	2	4
Milk	½ cup	1 cup	2 cups
Raisins, cut	1 cup	2 cups	1 quart
Nuts, chopped (if available)	1 cup	2 cups	1 quart

1. Mix the flour, baking powder, salt, and cinnamon.
2. Cream the fat and sugar together.
3. Combine all the ingredients with the creamed mixture. Mix well.
4. Drop the batter from a teaspoon onto greased baking pans.
5. Bake from 12 to 15 minutes in a moderate oven, or until lightly browned.
6. Remove from the pans while hot.

Orange Drop Cookies

Ingredients	*12 servings*	*25 servings*	*50 servings*
Fat	¼ cup	½ cup	1 cup
Orange rind, grated	⅛ cup	¼ cup	½ cup
Sugar	1 cup	2 cups	1 quart
Eggs, well beaten	2	4	8
Flour, sifted	2 cups	1 quart	2 quarts
Baking powder	1 tablespoon	2 tablespoons	4 tablespoons
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Orange juice	¼ cup	½ cup	1 cup

1. Cream together the fat, grated orange rind, and sugar.
2. Stir in the well beaten eggs.
3. Add sifted dry ingredients alternately with the orange juice.
4. Drop the batter by small spoonfuls onto greased baking sheets.
5. Bake in a moderately hot oven about 10 minutes, or until lightly browned.

Peanut Butter Cup Cakes

Ingredients	*12 servings*	*25 servings*	*50 servings*
Fat	¼ cup	½ cup	1 cup
Peanut butter	½ cup	1 cup	2 cups
Sugar	1 cup	2 cups	1 quart
Eggs, beaten	2	4	8
Flour, sifted	3 cups	6 cups	3 quarts
Baking powder	1½ tablespoons	3 tablespoons	6 tablespoons
Salt	½ teaspoon	1 teaspoon	2 teaspoons
Milk	1 cup	2 cups	1 quart
Vanilla	1 teaspoon	2 teaspoons	4 teaspoons

1. Cream together the fat, peanut butter, and sugar.
2. Stir in the beaten eggs.
3. Add sifted dry ingredients alternately with the milk, then the vanilla.
4. Bake in greased muffin tins in a moderate oven about 20 minutes, or until lightly browned.

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